

NATURALOPY

PRECEPT 20

TIME





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 20
TIME



PRECEPT 20

TIME

time

life, chronology, season, past, present, future, lifetime

1. The inevitable progression into the future with the passing of present events into the past.
2. A measurement of a quantity of time; a numerical or general indication of a length of progression.

Our time is limited on this Earth—our days are numbered the day we were born. Our thinking about our place in the world changes when we come to this realization. With this acceptance, we begin to prioritize where to spend our time. We make a list of the things that are important and those that are trivial. Then we only spend our time on the important matters, since we have no time for trivialities.

After we die, all that is left are the memories we leave behind. At the longest, our great-grandchildren will remember and cherish us through photographs and videos. Beyond that, only our good deeds will ensure our afterlife beyond three generations.

Time, once wasted cannot be reclaimed. Use it wisely on the activities, behavior, and people that are important to us.

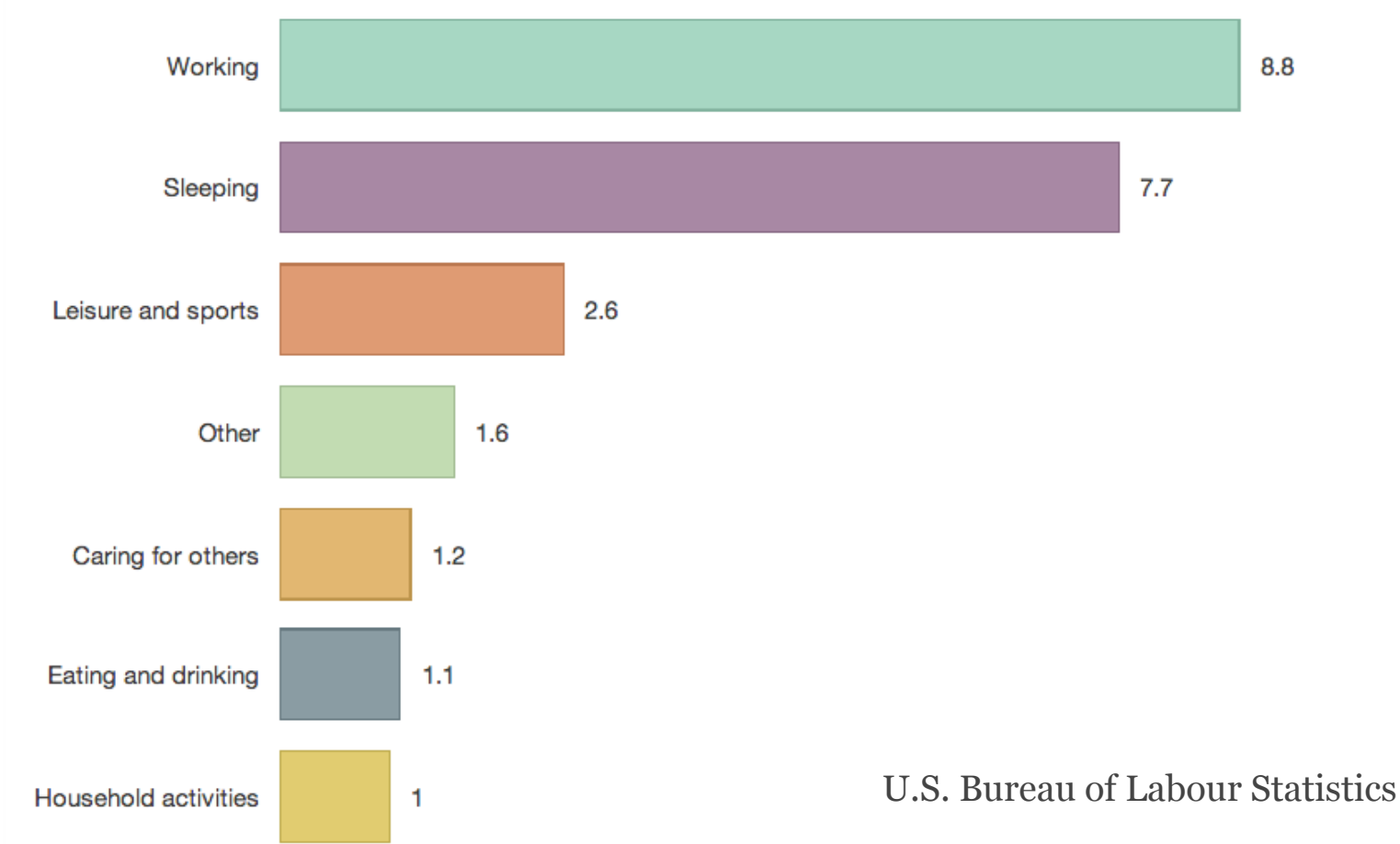
Life can be long or it can be short. It depends how wisely we use our time. We can waste time watching others live their lives, or we can live our own life.

You only live once. Make it count.

For an average person, in an average day, where do we find the time to do the things that are important to us? We have to make the time by removing the trivial matters from our life. Remember, we only live once, so use our time wisely and make it count.

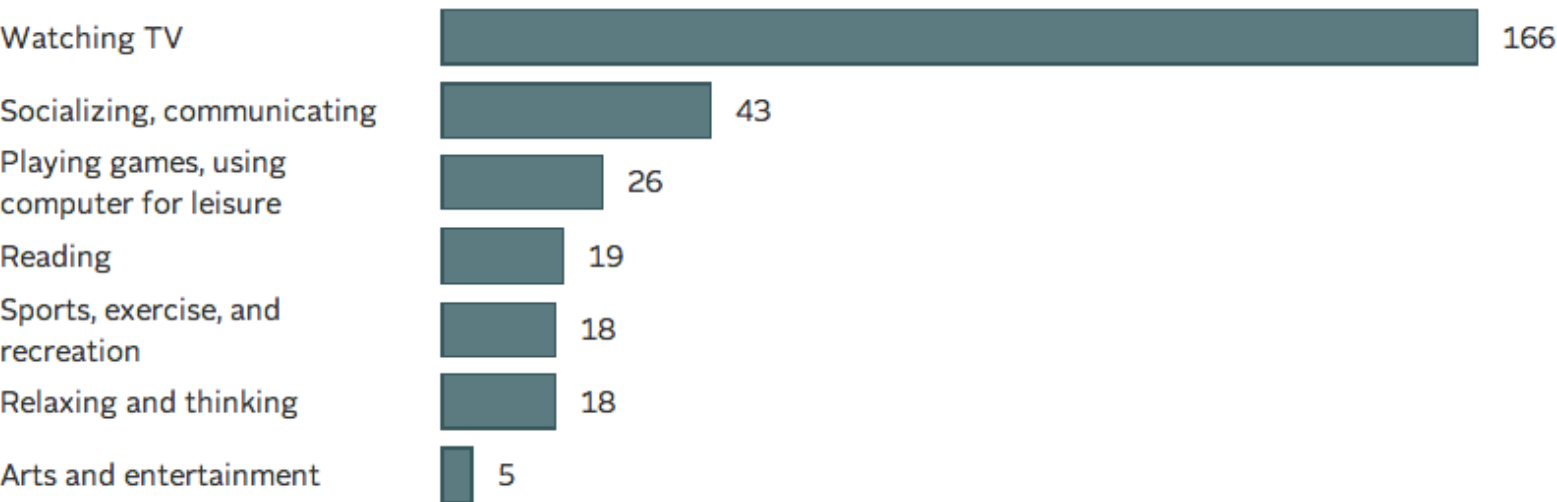
We can watch others live their lives, or we can live our own life.

How working parents age 25-54 spend an average workday (hours)



How Americans spend their leisure time

Average time spent per day, minutes (selected activities)



The trouble is, you think you have enough time.



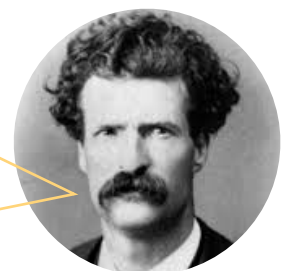
Buddha



If you truly love life, don't waste time.
For time is what life is made of.

Bruce Lee

Life is short, break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile. Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails.

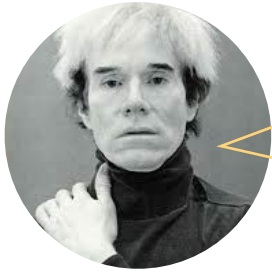


Mark Twain

Time is a sort of river of passing events, and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place, and this too will be swept away.



Marcus Aurelius



They always say time changes things, but you actually have to change them yourself.

Andy Warhol

In the end, it's not the years in your life that count. It's the life in your years.



Abraham Lincoln



Life is like riding a bicycle. To keep your balance you must keep moving.

Albert Einstein



Life is a journey, not a destination.

Ralph Waldo Emerson

Every man dies, not every man really lives.

William Wallace



Time heals all wounds.

Naturalopist

The acceptance of death gives you more of a stake in life, in living life happily, as it should be lived. Living for the moment.



Sting

Age is just a state of mind.

Ken Norton



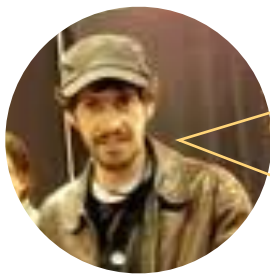
Each morning we are born again. What we do today is what matters most.

Buddha



Someone who has wasted your time is not worth your time.

Trung Nguyen



Only when you accept that one day you'll die can you let go, and make the best out of life. And that's the big secret. That's the miracle.

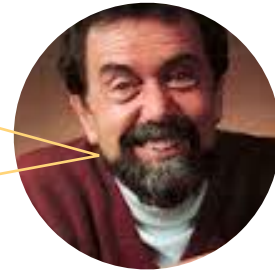
Gabriel Bá

Time is our most valuable asset, yet we tend to waste, kill it, and spend it rather than invest it.



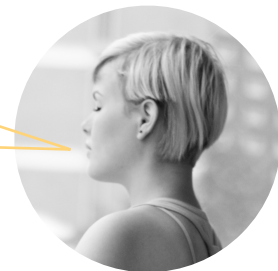
Jim Rohn

Death is a challenge. It tells us not to waste time. It tells us to tell each other right now that we love each other.



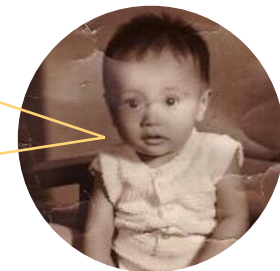
Leo Buscaglia

When your past calls, don't answer if you have learnt its mistakes. It has nothing new to say.



Naturalopist

The butterfly said to the Sun, "They can't stop talking about my transformation. I can only do it once in my lifetime. If only they knew, they can do it at any time and in countless ways."



Dodinsky

You will never change your life until you change something you do daily.



John Maxwell



As you get older you will understand more and more that it's not about what you look like or what you own, it's all about the person you've become.

Motherly Advice

How we spend our days is, of course, how we spend our lives.



Annie Dillard

It's a terrible thing, I think, in life to wait until you're ready. I have this feeling now that actually no one is ever ready to do anything. There is almost no such thing as ready. There is only now. And you may as well do it now. Generally speaking, now is as good a time as any.



Hugh Laurie

The first half of life is devoted to forming a healthy ego. The second half is going inward and letting go of it.



Carl Jung

We're all going to die, all of us, what a circus!
That alone should make us love each other but it
doesn't. We are terrorized and flattened by triviali-
ties, we are eaten up by nothing.



Charles Bukowski

The successful person budgets time, income and expendi-
tures, living within his means. The failure squanders time
and income with a contemptuous disregard for their value.



Napoleon Hill

I have no time to be in a hurry.



Henry David Thoreau



Write it on your heart that every day is
the best day in the year.

Ralph Waldo Emerson

In the grand scheme of the cosmos, our time on Earth is transient. The only enduring memories of our existence are from our progeny and good deeds.

Trung Nguyen



Maybe there isn't a meaning to life. Maybe there's only a meaning to living.

Kami Garcia



Do it now! can affect every phase of your life. It can help you do the things you should do but don't feel like doing. It can keep you from procrastinating when an unpleasant duty faces you. But it can also help you do those things that you want to do. It helps you seize those precious moments that, if lost, may never be retrieved.

Napoleon Hill



Age is an issue of mind over matter. If you don't mind, it doesn't matter.



Mark Twain



It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.

Mae Jemison



Whether it is the best of times or the worst of times, it is the only time we have.

Art Buchwald

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.



Anais Nin



The unexamined life is not worth living.

Socrates

TIME ACCOUNT

Imagine there is a bank account that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day.

What would you do? Draw out every cent, of course? Each of us has such a bank, its name is time. Every morning, it credits you 86,400 seconds. Every night it writes off as a loss, whatever of this you failed to invest to a good purpose.

It carries over no balance. It allows no over draft.

Each day it opens a new account for you.

Each night it burns the remains of the day.

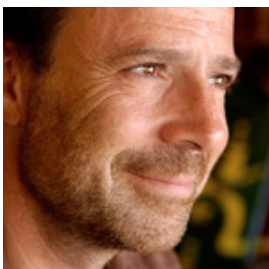
If you fail to use the day's deposits, the loss is yours.

There is no drawing against "tomorrow".

You must live in the present on today's deposits.

Invest it so as to get from it the utmost in health, happiness, and success.
The clock is running.

Make the most of today.



Marc Levy

If Only It Were True

ORIGIN

origin

root, progeny, ancestor, connection, source

1. The beginning of something.
2. The point at which something comes into existence or from which it is derived from.

If Humans came from Adam and Eve in the Garden of Eden about 6,000 - 10,000 years ago as the Christians, Jews, and Muslims believe, then all of science is wrong. And everything archaeologists and scientists know about periodic dating, evolution, biology, chemistry, and physics is a sham. The truth is finite and not selective—the truth is objective and not biased depending on a person's religion. If we enjoy the wonders of modern technology, then we must accept the conclusion that the same technology refutes and disclaims: Humans did NOT originate from Adam and Eve in the Garden of Eden 6,000 - 10,000 years ago. Humans are the product of roughly 4.5 billion years of atomic, molecular, and cellular evolution on this Earth. With the scientific knowledge available, it would be absurd to believe that we were seeded by Adam and Eve in the Garden of Eden (believed to be in modern day Iraq or Iran). Besides, there were thriving civilizations, notably in India and China, 6,000 - 10,000 years ago.

Every culture since time immemorial has woven tales of creation to satisfy its curiosity of existence. It did this by creating a god or group of gods. We now know that our ancestors created these tales and fables in absence of scientific knowledge. We now have scientific knowledge, thus no need for tales and fables.

An enlightened person looks upon a person who believes in god as an adult who looks upon a child who believes in Santa Claus.

Elegance goes directly to the question of how the laws of nature are constructed. Nobody knows the answer to that. Nobody! It's a perfectly legitimate hypothesis, in my view, to say that some extremely elegant creator made those laws. But I think if you go down that road, you must have the courage to ask the next question, which is: Where did that creator come from? And where did his, her, or its elegance come from? And if you say it was always there, then why not say that the laws of nature were always there and save a step?



Carl Sagan

No matter what you look at, if you look at it closely enough, you are involved in the entire Universe.



Michael Faraday



You are never alone or helpless. The force that guides the stars guides you, too.

Shrii Shrii Anandamurti

We are just an advanced breed of monkeys on a minor planet of a very average star. We have this one life to appreciate the grand design of the universe and for that, I am extremely grateful.



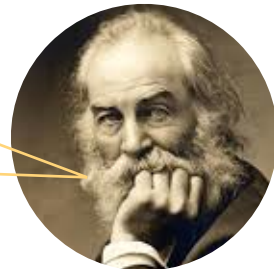
Stephen Hawking

If you wish to understand the Universe,
think of energy, frequency, and vibration.



Nikola Tesla

I believe a leaf of grass is no less than
the journey-work of the stars.



Walt Whitman

If children understand that beliefs should be sub-
stantiated with evidence, as opposed to tradition,
authority, revelation or faith, they will automatically
work out for themselves that they are atheists.



Richard Dawkins

We are all powerful and extraordinary,
for we were birthed by the stars.



Trung Nguyen

It is a curious situation that the sea, from which life first arose should now be threatened by the activities of one form of that life. But the sea, though changed in a sinister way, will continue to exist; the threat is rather to life itself.



Rachel Carson

Today the theory of evolution is about as much open to doubt as the theory that the earth goes round the sun.



Richard Dawkins

The mind of man has perplexed itself with many hard questions. Is space infinite, and in what sense? Is the material world infinite in extent, and are all places within that extent equally full of matter? Do atoms exist or is matter infinitely divisible?



James Clerk Maxwell

My personal feeling is that understanding evolution led me to atheism.



Richard Dawkins



It is good to know our universe.
What is new is only new to us.

Pearl S. Buck

Now, my own suspicion is that the universe is not only stranger than we suppose, but stranger than we can suppose.



J.B.S. Haldane



I am against religion because it teaches us to be satisfied with not understanding the world.

Richard Dawkins



There are an awful lot of scientists today who believe that before very long we shall have unraveled all the secrets of the universe. There will be no puzzles anymore. To me, it'd be really, really tragic because I think one of the most exciting things is this feeling of mystery, feeling of awe, the feeling of looking at a little live thing and being amazed by it and how it has emerged through these hundreds of years of evolution and there it is and it is perfect and why.

Jane Goodall

All the mathematical sciences are founded on relations between physical laws and laws of numbers, so that the aim of exact science is to reduce the problems of nature to the determination of quantities by operation with numbers.



James Clerk Maxwell

Creationists make it sound as though a theory is something you dreamt up after being drunk all night.



Isaac Asimov

One of the saddest lessons in history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It's simply too painful to acknowledge, even to ourselves that we've been taken. Once you give a charlatan power over you, you almost never get it back.



Carl Sagan



The Enlightenment is under threat. So is reason. So is truth. So is science, especially in the schools of America.

Richard Dawkins



Carl Sagan

The cosmos is within us, we're made of star stuff.
We are a way for the cosmos to know itself.

The old appeals to racial, sexual, religious chauvinism to rabid nationalist fervor are beginning not to work. A new consciousness is developing which sees the earth as a single organism, and recognizes that an organism at war with itself is doomed.

We are One Planet.



Carl Sagan



Carl Sagan

Science is an attempt, largely successful, to understand the world, to get a grip on things, to get a hold of ourselves, to steer a safe course. Microbiology and meteorology now explain what only a few centuries ago was considered sufficient cause to burn women to death.

Our species needs, and deserves, a citizenry with minds wide awake and a basic understanding of how the world works.



Carl Sagan

Science is more than a body of knowledge. It's a way of thinking, a way of skeptically interrogating the universe.



Carl Sagan

The idea that god is an oversized-white male with a flowing beard who sits in the sky and tallies the fall of every sparrow is ludicrous. But if by god one means the set of physical laws that govern the universe, then clearly there is such a god. This god is emotionally unsatisfying. It does not make sense to pray to the Law of Gravity.



Carl Sagan

In the way that skepticism is sometimes applied to issues of public concern, there is a tendency to belittle, to condescend, to ignore the fact that, deluded or not, supporters of superstition and pseudoscience are human beings with real feelings, who, like the skeptics, are trying to figure out how the world works and what our role in it might be. Their motives are in many cases consonant with science. If their culture has not given them all the tools they need to pursue this great quest, let us temper our criticism with kindness. None of us comes fully equipped.



Carl Sagan



A still glorious dawn awaits.

Carl Sagan

If you lived two or three millennia ago, there was no shame in holding that the Universe was made for us. It was an appealing thesis consistent with everything we knew; it was what the most learned among us taught without qualification. But we have found out much since then. Defending such a position today amounts to willful disregard of the evidence, and a flight from self-knowledge.



Carl Sagan



Carl Sagan

Cosmos is a Greek word for the order of the universe. It is, in a way, the opposite of Chaos. It implies the deep interconnectedness of all things. It conveys awe for the intricate and subtle way in which the universe is put together.

Fanatic ethnic or religious or national identifications are a little difficult to support when we see our planet as a fragile, blue crescent fading to become an inconspicuous point of light against the bastion and citadel of the stars.



Carl Sagan

For small creatures such as we the vastness is bearable only through love.



Carl Sagan

CHANGE

change

advance, development, metamorphosis, adjustment, transformation

1. The process of becoming different.
2. To become something different.

Change is a part of life. However, negative change is regression; positive change is growth. Each day we get to choose which change to make with our choices.

We change out of inspiration or desperation. If we change out of desperation, it is due to pain, misery, and suffering—we know what we no longer want. If we change due to inspiration, it comes from within—we aspire to become something greater than those who “lead lives of quiet desperation and go to the grave with the song still in them”.

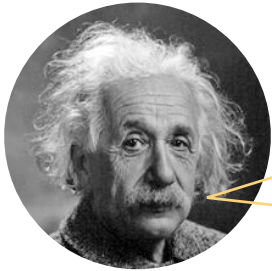
If we resist change, we get left behind. Change is growth. Embrace it. Accept it. More importantly, instead of being forced to change, be the change agent for yourself and others.

We can be forced to change or be an agent of change. Be proactive when it comes to change.



The only constant in life is change.

Heraclitus



Insanity: doing the same thing over and over again and expecting different results.

Albert Einstein

I have looked in the mirror every morning and asked myself, “If today were the last day of my life, would I want to do what I am about to do today?” And whenever the answer has been “No”, for too many days in a row, I know I need to change something.



Steve Jobs

Change is not always easy, but with patience and perseverance, we can find good in change. Just remember, if nothing ever changed, there would be no butterflies.



Abhishek Tiwari



Socrates

The secret of change is to focus all of your energy, not on fighting the old, but on building the new.

To change your life, change something you do daily.

Naturalopist



If there's a bustle in your hedgerow, don't be alarmed now

It's just a spring clean for the May queen

Yes, there are two paths you can go by, but in the long run

There's still time to change the road you're on

Led Zeppelin



Krishnamurti

The only hope for humankind is in the transformation of the individual.



Consider how hard it is to change yourself and you'll understand what little chance you have in trying to change others.



Jacob M. Braude

When we accept that our days are numbered on this Earth, then our choices are based on activities, behaviour, and people that add value to our life and make us a better and happier people. Everything else is a waste of time and energy.



Trung Nguyen

The universe is change; our life is what our thoughts make it.



Marcus Aurelius

When someone says, "You've changed." It simply means you've stopped living your life their way.



Naturalopist



All great changes are preceded by chaos.

Deepak Chopra

If you're reading these words, perhaps it's because something has kicked open the door for you, and you're ready to embrace change. It isn't enough to appreciate change from afar, or only in the abstract, or as something that can happen to other people but not to you. We need to create change for ourselves, in a workable way, as part of our everyday lives.



Sharon Salzberg

People only accept change when they are faced with necessity, and only recognize necessity when a crisis is upon them.



Jean Monnet

The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.



Muhammad Ali



In the struggle for survival, the fittest win out at the expense of their rivals because they succeed in adapting themselves best to their environment.

Charles Darwin

You always have a choice. Always. Where there's choice, there's ability to change. Choose wisely.



Naturalopist

When she transformed into a butterfly, the caterpillars spoke not of her beauty, but of her weirdness. They wanted her to change back into what she always had been. But she had wings.



Dean Jackson

Emotion and passion drive action; not sterile debate. Attitudes change when people engage and feel. **BE DISRUPTIVE. UNRAVEL COMPLACENCY. IT'S OUR JOB.** We need to obliterate the status quo—not tolerate it; not become a part of it. Be loud! Be unafraid!



Jerry Vlasak



Everyone thinks of changing the world, but no one thinks of changing themselves.

Leo Tolstoy



When you are through changing, you are through.

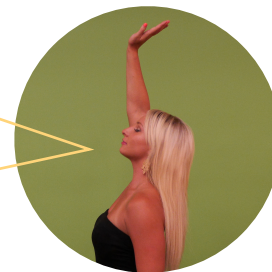
Bruce Barton



Naturalopist

It's acceptable to be wrong, it's OK to change your mind, your beliefs, your ways. It's even OK to live in a temporary state of hypocrisy as you slowly make changes. Often our ideas can outreach our capacities and so we need time to adjust. In order to grow beyond the limitations of our current paradigm we must humbly accept that we may have been wrong in certain areas of our lives and set out to make those changes.

It only takes one person to make you happy and change your life: YOU.



Naturalopist

Things do not change; we change.



Henry David Thoreau

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.



Henri Bergson

Change always comes bearing gifts.



Price Pritchett

They must often change, who would be constant in happiness or wisdom.



Confucius

Sometimes to take a major step forward, you have to completely change direction.



Apple, Inc.



If nothing ever changed, there'd be no butterflies.

Naturalopist

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.



Harold Wilson

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another.



Anatole France

In order to grow, we need to change. And change can be painful, but enduring the temporary pain is more satisfying in the long-run than being stuck in the same rut.



Naturalopist

Just remember you can't change people, places, or things. The only thing you can change is yourself.



Motherly Advice

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.



Maria Robinson

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.



Lao Tzu

To improve is to change; to be perfect is to change often.



Winston Churchill



You can't start the next chapter of your life if you keep re-reading the last one.

Naturalopist

Your life does not get better by chance, it gets better by change.



Jim Rohn

Each day you wake up you have a chance to do what's right, that's your second chance from yesterday. Each right choice builds on the previous one, like floors on top of one another to build a skyscraper that is your life.



Trung Nguyen

Never too old, never too bad, never too late, never too sick to start from scratch once again.

Bikram Choudhury



Change is the essence of life. Be willing to surrender what you are for what you could become.

Naturalopist



Very often a change of self is needed more than a change of scene.

Arthur Christopher Benson



To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

Henri Bergson



HOW TO CHANGE THE WORLD

When I was a young man, I wanted to change the world.
I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town.
I couldn't change the town and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.

Unknown Monk, Circa 1100 A.D.

PAST

past

finished, gone, forgotten, ended, spent, completed

1. The period of time that has already happened, in contrast to the present and the future.
2. A period of time that has been spent and cannot be reclaimed; finished.

The past teaches us what we need to know in order to build a brighter future. That is, only if we learn from its lessons. The past cannot be undone, so it is a waste of time dwelling in it beyond what is necessary. Learn from the mistakes of the past and move on. Move forward. Build a better future by using the lessons of the past.

Anyone who has “lived” will make mistakes, many of them have emotional baggage and emotional hangover. Mistakes are a natural process of living, of doing things, of exploring, of experimenting. Remember, life didn’t come with a manual. We make mistakes, we are not sinners. The better choices we make, the higher our quality of life.

The biggest mistake most of us make about the past is to focus on what we no longer want. The problem with that thinking is that we move toward what we focus on, even if what we focus on is what we’re trying to quit. To change a pattern, focus on what we want. Again, focus on what we want and what we want to do. To change something undesirable, replace it with something desirable. For example, if we keep thinking about the past, we eventually get the past, because we move in the direction of our most dominant thought. To replace the past, always focus on what we want.

The two most important lessons to take from the past are:

1. Learn from it.
2. Move forward.

Forgive the past. It is over. Learn from it and let go. People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past. See that person now. Your relationship is always alive and changing.



Brian L. Weiss

Study the past if you would define the future.



Confucius



My past has not defined me, destroyed me, deterred me, or defeated me; it has only strengthened me.

Steve Maraboli

What's past is prologue.



William Shakespeare



Life can only be understood backwards; but it must be lived forwards.

Søren Kierkegaard



Let us not look back in anger, nor forward in fear, but around us in awareness.

James Thurber

Some people like to live in the past because they're afraid of the future. The longer you live in the past, the shorter your future becomes. Relive the past, examine it from every angle, face it, accept it, take whatever lessons you can from it, then move on. Move forward. The sooner you let go, the better off you will be.



Trung Nguyen

The past has no power over the present moment.



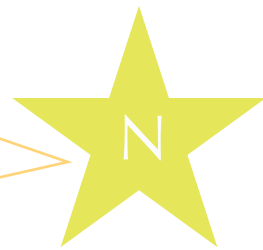
Eckhart Tolle



Those who do not learn from history
are condemned to repeat it.

John F. Kennedy

Your past is done. It's history. Live out your dreams.
Work hard to make them a reality to build the future.



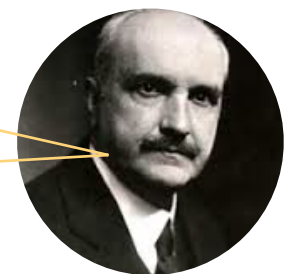
Naturalopist

Face your past without regret, handle your present with confidence, prepare for the future without fear. Keep the faith and drop the fear. Don't believe your doubts and never doubt your beliefs. Life is wonderful if you know how to live.



Naturalopist

Those who cannot remember the past
are condemned to repeat it.



George Santayana



Never regret your past. The only thing you should regret is the time you've wasted with the wrong people.

Naturalopist

Life really does begin at forty. Up until then, you are just doing research.



Carl Jung



We may not be through with the past, but the past is through with us.

Naturalopist



The only time you should ever look back is to see how far you've come.

Naturalopist

You can't reach for anything new if your hands are still full of yesterday's junk.



Motherly Advice



Those with the darkest past are in a position to create the brightest future, for they have seen the emptiness.

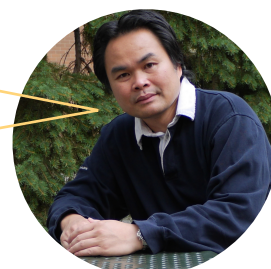
Naturalopist

I know people who feel like they've wasted years of their lives because of poor choices. They spent years in a relationship that was toxic, years with an addiction, years at a job where they weren't fulfilled. But you have to realize, nothing you have been through is ever wasted. Your past experiences, good and bad have deposited something on the inside of you. Those challenges have sharpened you to help make you who you are today.



Naturalopist

Your past mistakes are just practice runs for a brighter future. Some people need one practice run, while others need two or more.



Trung Nguyen

We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.



Robin Sharma



The past cannot be changed, forgotten, edited, or erased. It can only be accepted.

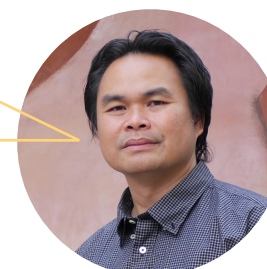
Naturalopist



When you accept someone, you accept their past, too. So don't hold it or use it against them later.

Naturalopist

Life is meant to be lived forward, that's the reason we walk better forward than backward. Think about the past, analyze it, LEARN FROM IT, then move on. When you live in the past, you develop a victim mentality and it's hard to move forward with that mindset. Life didn't come with a manual, so the past is our manual. Learn from the past, accept it, be grateful for it, then move on to better things.



Trung Nguyen

PRESENT

present

current, today, now, immediate, at this moment

1. Relating to now, for the time being; current.
2. The current moment or period of time.

In the timeline that is our life, the present is unique. With the present, we can perform good deeds to redeem our past. With the present, we can build our future.

How do we prepare for the present? Meditation and visualization. Meditation is to calm the mind, and visualization to instruct the mind. Whatever we want to accomplish has to be first seeded in our mind, with visualization.

Prepare for the present by learning how to meditate and visualize.



Every person's life is in the present. For the past is spent and done with and the future uncertain.

Marcus Aurelius

Whatever you want to do, do it now.
There are only so many tomorrows.



Michael Landon



Steve Jobs

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.



Don't ruin a good today by thinking about a bad yesterday. Let it go.

Motherly Advice



Never leave that till tomorrow which you can do today.

Benjamin Franklin

Don't let yesterday use up too much of today.



Cherokee Proverb

Man surprised me most about humanity. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.



Jim Brown

It doesn't really matter who I used to be.
All that matters is who I have become.



Naturalopist

Yesterday is history, tomorrow is a mystery, today is a gift, which is why we call it the present.



Bil Keane

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.



Buddha



Lao Tzu

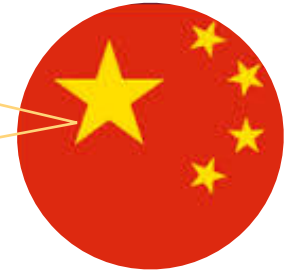
If you are depressed, you are living in the past.
If you are anxious, you are living in the future.
If you are at peace, you are living in the present.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



Maya Angelou

The best time to plant a tree was 20 years ago.
The second best time is now.



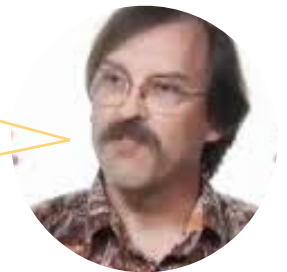
Chinese Proverb



Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

Ralph Waldo Emerson

You can't change the past. You can't even change the future, in the sense that you can only change the present one moment at a time, stubbornly, until the future unwinds itself into the stories of our lives.



Larry Wall

The future depends on what you do today.



Mahatma Gandhi

STEVE JOBS ON LIFE AND DEATH

I am honored to be with you today at your commencement from one of the finest universities in the world. I never graduated from college. Truth be told, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just three stories.

The first story is about connecting the dots.

I dropped out of Reed College after the first 6 months, but then stayed around as a drop-in for another 18 months or so before I really quit. So why did I drop out? It started before I was born. My biological mother was a young, unwed college graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: "We have an unexpected baby boy; do you want him?" They said: "Of course." My biological mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, and begin dropping in on the ones that looked interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example:

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and san serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

None of this had even a hope of any practical application in my life. But ten years later, when we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it's likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later.

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

My second story is about love and loss.

I was lucky—I found what I loved to do early in life. Woz and I started Apple in my parents garage when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a \$2 billion company with over 4000 employees. We had just released our finest creation—the Macintosh — a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down—that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me—I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer animated feature film, *Toy Story*, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

My third story is about death.

When I was 17, I read a quote that went something like: “If you live each day as if it was your last, someday you'll most certainly be right.” It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: “If today were the last day of my life, would I want to do what I am about to do today?” And whenever the answer has been “No” for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months.

It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960s, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: “Stay Hungry. Stay Foolish.” It was their farewell message as they signed off.

Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stay Hungry. Stay Foolish.

Thank you all very much.



Steve Jobs

Stanford Commencement Speech, 2005

FUTURE

future

imminent, approaching, coming, inevitable, impending

1. The time ahead; those moments yet to be experienced.
2. Goodness in what is yet to come/Something to look forward to.

Our future is not an accident. We are responsible for creating it. To create the future:

1. Know what you want. Write it down.
 2. Focus on what you want. Know why you want it.
 3. Develop goals and plans on how to achieve what you want. The devil is in the detail.
 4. Continue to focus on what you want. Meditate on it. Visualize on it.
 5. Work hard to achieve those goals and plans.
 6. Ignore the critics, doubters, and haters. “Those who can’t do, demean.”
 7. If things aren’t working according to plan, change the plan, not what you want.
 8. Be persistent. Keep pushing through obstacles and setbacks.
 9. Keep working hard.
 10. Be patient.
- Go to step 4.

The best way to predict the future is
to create it.

Alan Kay



The empires of the future are the empires of the mind.

Winston Churchill



The future belongs to those who believe
in the beauty of their dreams.

Eleanor Roosevelt



Look back over the past, with its changing
empires that rose and fell, and you can foresee
the future, too.

Marcus Aurelius



Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.



Deepak Chopra

It is difficult for people with unchanging habits, burdened by systematic education, secured in monotonous jobs, confined by mainstream media, to properly assess and create the future.



Trung Nguyen

The future does not belong to those who are content with today, apathetic toward common problems and their fellow man alike, timid and fearful in the face of bold projects and new ideas. Rather, it will belong to those who can blend passion, reason and courage in a personal commitment to the great enterprises and ideals of American society.



Robert F. Kennedy

I hope you live a life you're proud of.



F. Scott Fitzgerald

It is never too late to be what you might have been.

George Eliot



Those who are unwilling to invest in the future haven't earned one.

H.W. Lewis



Many of us crucify ourselves between two thieves—regret for the past and fear of the future.

Fulton Oursler



May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far.



Irish Blessing

You know you're on the right track when you have no interest in looking back.



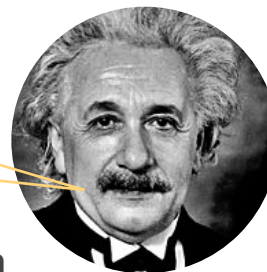
Naturalopist

Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.



Malcolm X

I never think of the future;
it comes soon enough.



Albert Einstein

We may not be able to prepare the future for our children, but we can at least prepare our children for the future.



Franklin D. Roosevelt

The wave of the future is not the conquest of the world by a single dogmatic creed but the liberation of the diverse energies of free nations and free men.



John F. Kennedy

A year from now you will wish you had started today.



Karen Lamb

I skate to where the puck is going to be, not where it has been.



Wayne Gretzky



We are made wise not by the recollection of our past, but by the responsibility for our future.

George Bernard Shaw

AFTERLIFE

afterlife

hereafter, immortality, the great beyond

1. Life after death.
2. The place believed to be inhabited by deceased people.

What happens to us after we die? This question has spawned dozens of religions.

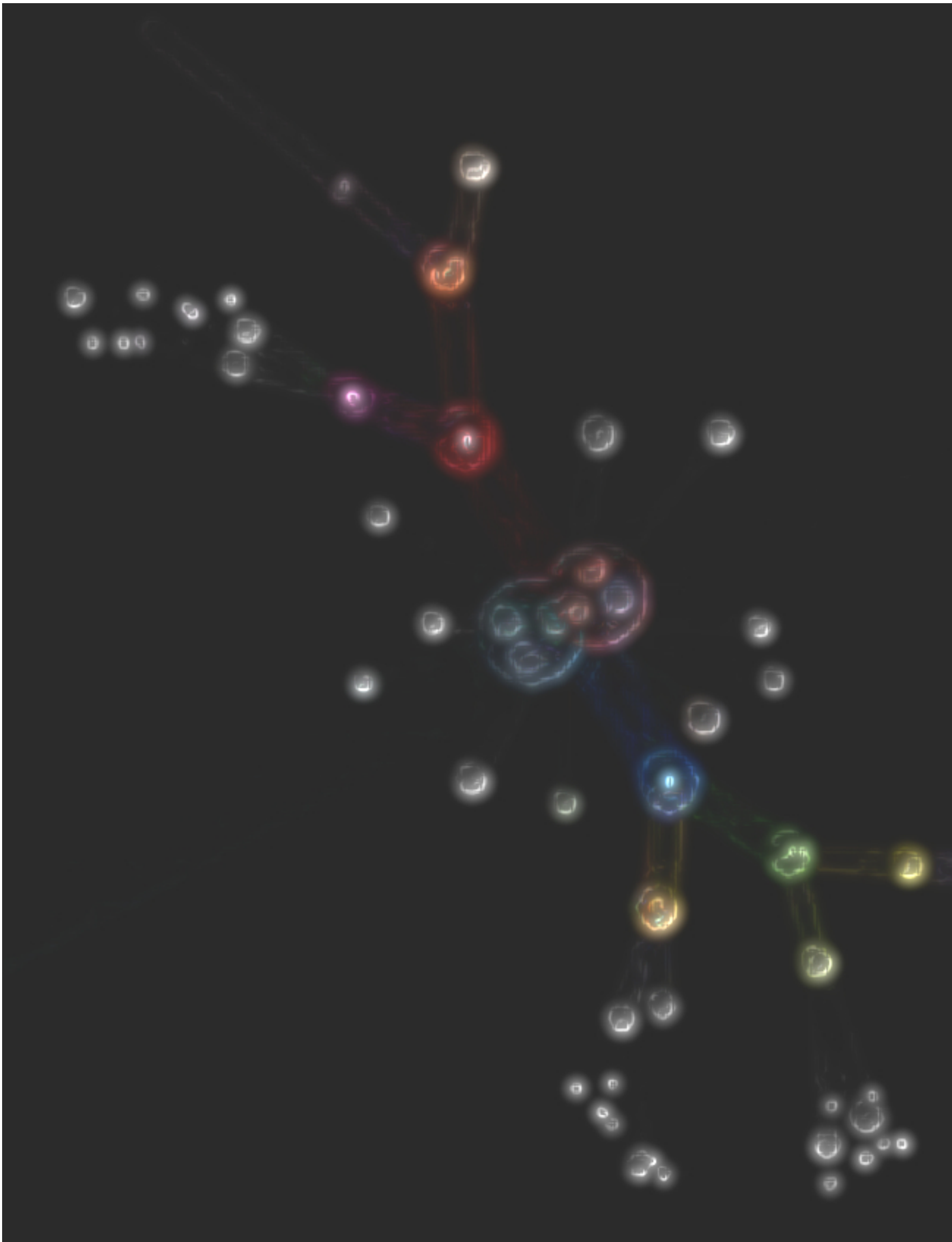
We know how life is biologically assembled: atoms into molecules, molecules into cells, cells into tissues, tissues into organs, and organs into a body.

We also know how life is disassembled when we die: the body decays, its organs decompose into tissues, tissues into cells, cells into molecules, and molecules into atom...back to the ethereal we go. As particles, we are one with Nature again. The only evidence of our existence are the photographs, videos, deeds, and memories others have of us.

If we assume that there is an afterlife in utopia or inferno, there are pressing questions that need to be answered. Do we still eat? Do we still drink? Do we still breathe? Where do we live? What is the system of government? How long do we live? What happens when we die *again*, or do we live forever? If we live forever, what do we do with our time? These are just a few practical questions of existence. If they can't be answered, what hope is there for a second life?

Live life to the fullest and don't fear death. A person who doesn't fear death, dies only once. A person who fears death, dies everyday.

You only live once. Make it count.



Even death is not to be feared by one who has lived wisely.



Buddha

If you would not be forgotten as soon as you are dead and rotten, either write something worth reading or do things worth writing.



Benjamin Franklin

Whether you reach a lot of people or have a profound impact on a few people, their memories of you is your Afterlife.



Greg Graffin

Almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important.



Steve Jobs



The bitterest tears shed over graves are for words left unsaid and deeds left undone.

Harriet Beecher Stowe



People living deeply have no fear of death.

Anais Nin



The act of dying is one of the acts of life.

Marcus Aurelius

Life begins perpetually. Gathered together at last under the leadership of man, the student-teacher of the universe... unified, disciplined, armed with the secret powers of the atom, and with knowledge as yet beyond dreaming, Life, forever dying to be born afresh, forever young and eager, will presently stand upon this earth as upon a footstool, and stretch out its realm amidst the stars.



H.G. Wells

It's better to bet on this life than on the next.

Albert Camus



I have never seen the slightest scientific proof of the religious theories of heaven and hell, of future life for individuals, or of a personal God.



Thomas Edison



Steve Jobs

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.



Marcus Aurelius

The soul becomes dyed with the color of its thoughts.

At the end of life the soul goes forth alone;
whereupon only our good deeds befriend us.



Buddha



Dream often, work hard, laugh hard, love much,
and do something positive that people will remember you for after you're gone.

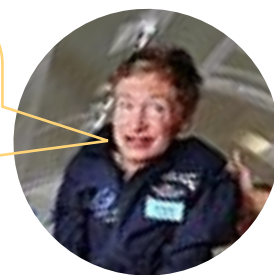
Naturalopist

When you are in the final days of your life, what will you want? Will you hug that college degree in the walnut frame? Will you ask to be carried to the garage so you can sit in your car? Will you find comfort in rereading your financial statement? Of course not. What will matter then will be people. If relationships will matter most then, shouldn't they matter most now?

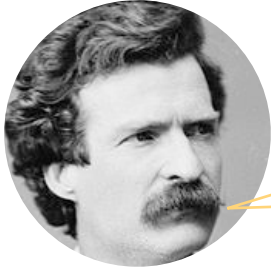


Max Lucado

I regard the afterlife to be a fairy story for
people who are afraid of the dark.



Stephen Hawking



The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.

Mark Twain

I'm not afraid of death. It's the stake one puts up in order to play the game of life.



Jean Giraudoux



Men fear Death, as children fear to go in the dark; and as that natural fear in children is increased with tales, so is the other.

Francis Bacon

He who doesn't fear death dies only once.



Giovanni Falcone



The more people you positively affect in this life, the longer your afterlife. Your afterlife lives in the memories of loved ones and those you've influenced.

Trung Nguyen

Expect not praise without any envy until you are dead.



Charles Caleb Colton

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that if we meet again, you will know me. It means that even after I die, you can still see my face and hear my voice and speak to me in your heart. For as long as you remember me, I am never entirely lost.



Frederick Buechner

Ayn Rand



Ask yourself whether the dream of heaven and greatness should be left waiting for us in our graves—or whether it should be ours here and now and on this Earth.

Most of us spend our lives as if we had another one in the bank.

Ben Irwin



You only live once. Make it count.

Trung Nguyen



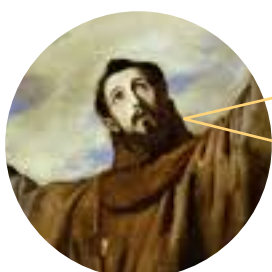
I'm a collection of water, calcium, and organic matter called Carl Sagan. You are a collection of almost identical molecules with a different collective label. But is that all? Is there nothing here but molecules?

Some people find this idea demeaning to human dignity. For myself I find it elevating that our universe permits evolution of molecular machines as intricate and subtle as we are.

Carl Sagan



St. Francis of Assisi



Remember when you leave this Earth, you can take with you nothing that you have received, only what you have given: a heart enriched by honest service, love, sacrifice, and courage.

I would love to believe that when I die I will live again, that some thinking, feeling, remembering part of me will continue. But as much as I want to believe that, and despite the ancient and worldwide cultural traditions that assert an afterlife, I know of nothing to suggest that it is more than wishful thinking.



Carl Sagan

Everything science has taught me—and continues to teach me—strengthens my belief in the continuity of our spiritual existence after death. Nothing disappears without a trace.



Wernher von Braun



Herman Hesse

He saw all these forms and faces in a thousand relationships become newly born. Each one was mortal, a passionate, painful example of all that is transitory. Yet none of them died, they only changed, were always reborn, continually had a new face: only time stood between one face and another.

If I am right, then religious fundamentalists will not go to Heaven, because there is no Heaven. If they are right, then they will not go to Heaven, because they are hypocrites.

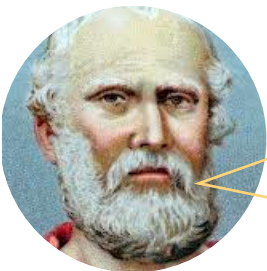


Isaac Asimov



Frank McCourt

I had to get rid of any idea of hell or any idea of the afterlife. That's what held me, kept me down. So now I just have nothing but contempt for the institution of the church.



Plato

The soul takes nothing with her to the next world but her education and her culture. At the beginning of the journey to the next world, one's education and culture can either provide the greatest assistance, or else act as the greatest burden, to the person who has just died.



Steve Jobs

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet, death is the destination we all share. No one has ever escaped it, and that is how it should be, because death is very likely the single best invention of life. It's life's change agent. It clears out the old to make way for the new.

I don't believe in an afterlife, so I don't have to spend my whole life fearing hell, or fearing heaven even more. For whatever the tortures of hell, I think the boredom of heaven would be even worse.



Isaac Asimov



The things you do for yourself, dies when you die. The things you do for others remain as your legacy.

Les Brown



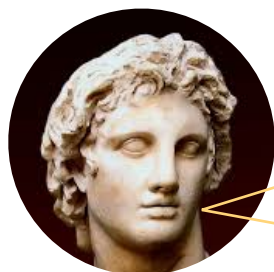
We're so terrified of death in Western culture that we have to make up a myth of an afterlife. I think there's something to be said for living your life very mindful of the fact that you're going to die because I think you carry yourself differently. It doesn't have to be this big, negative bummer.

Steve Earle



The idea of an afterlife where you can be reunited with loved ones can be immensely consoling—though not to me.

Richard Dawkins



In in the end, when it's all over, all that matters is what you've done.

Alexander the Great

THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every “superstar,”
every “supreme leader,”
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

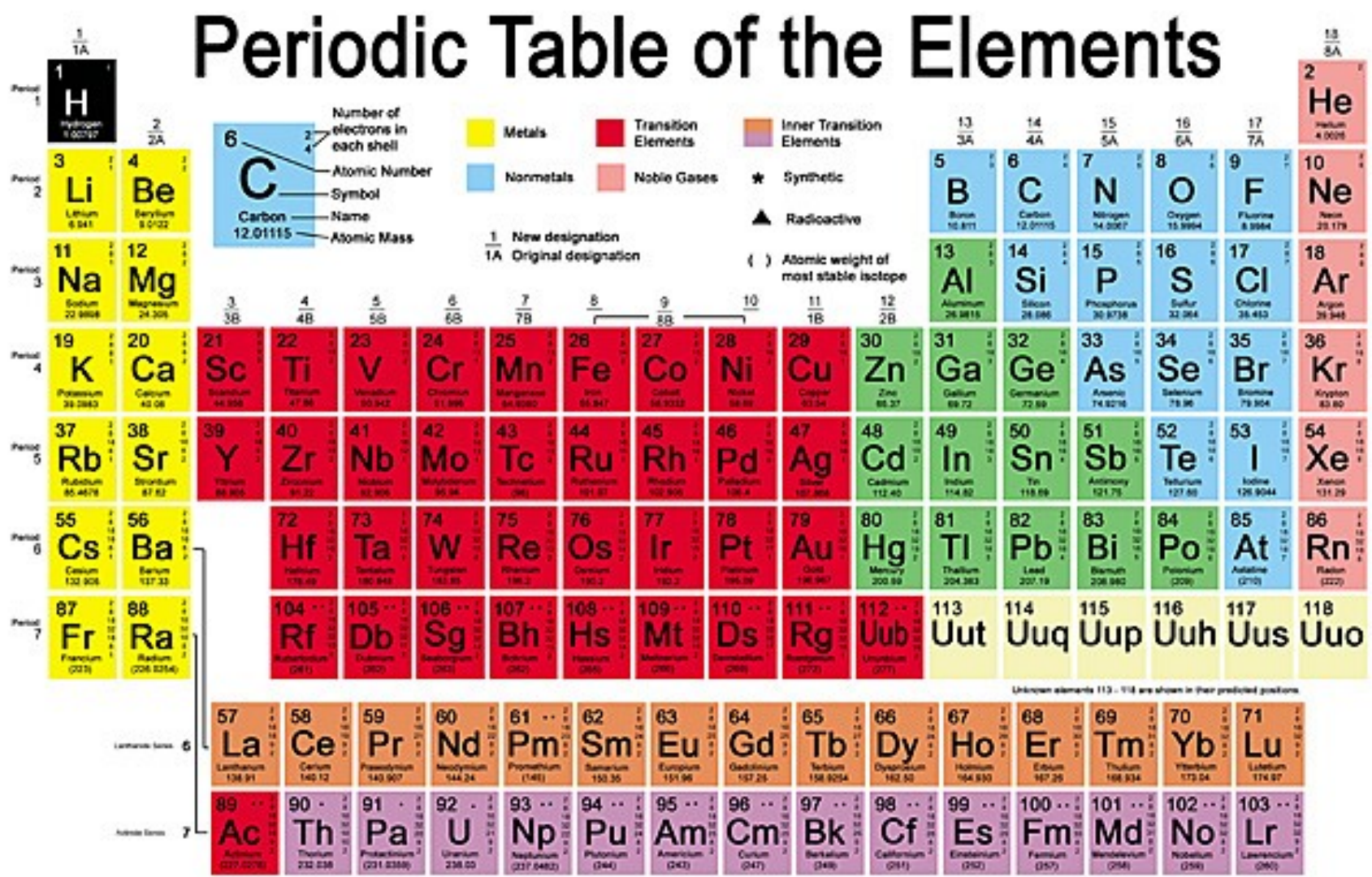
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

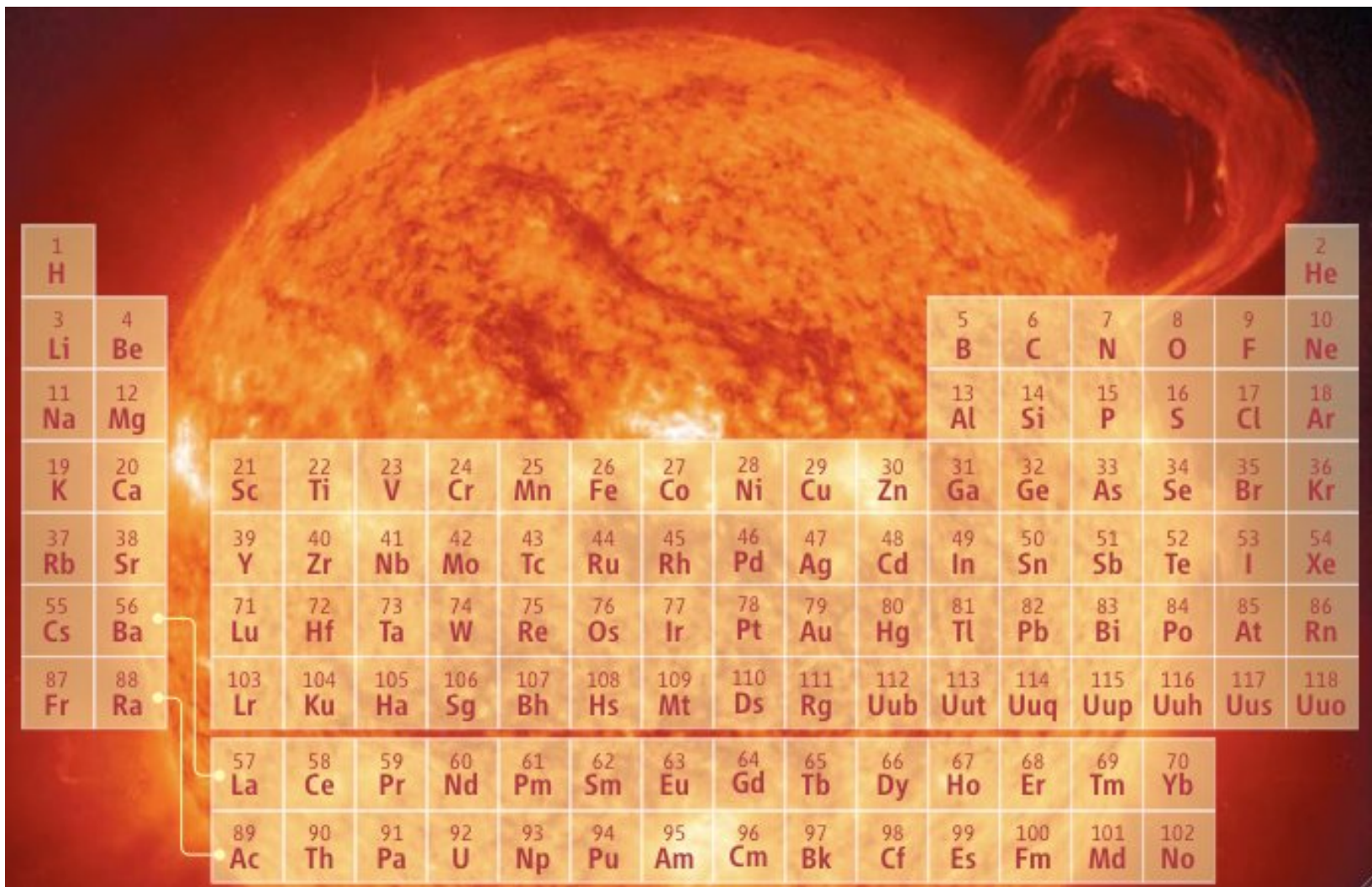
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

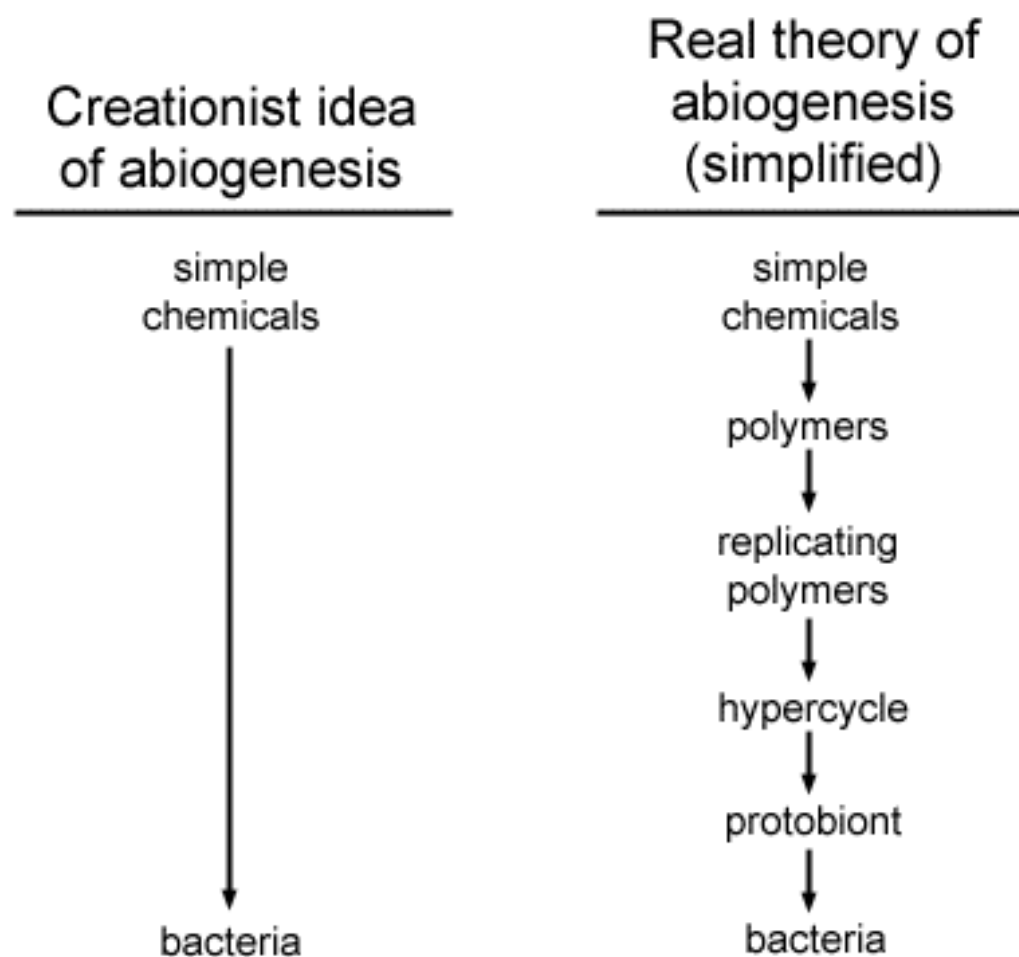


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



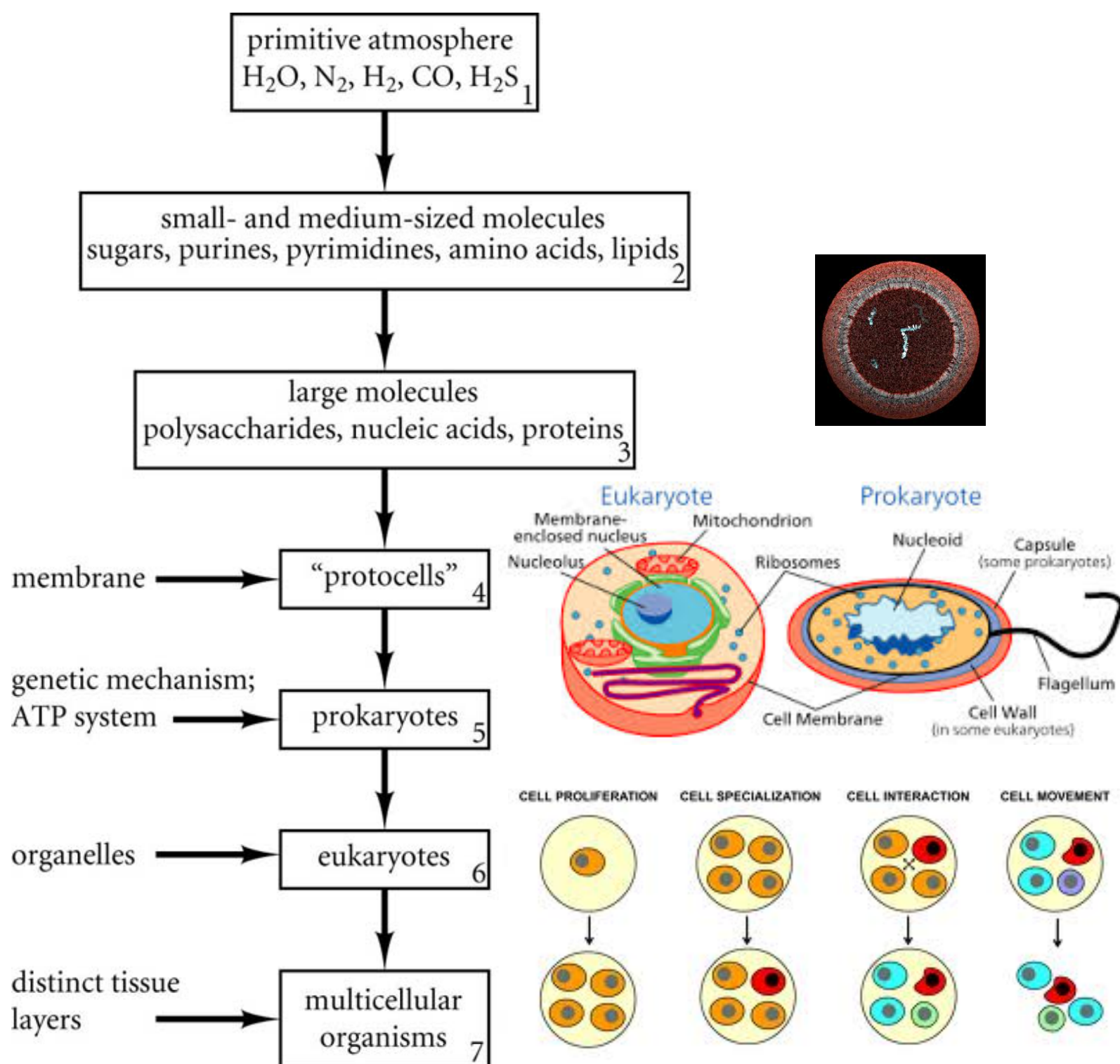
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

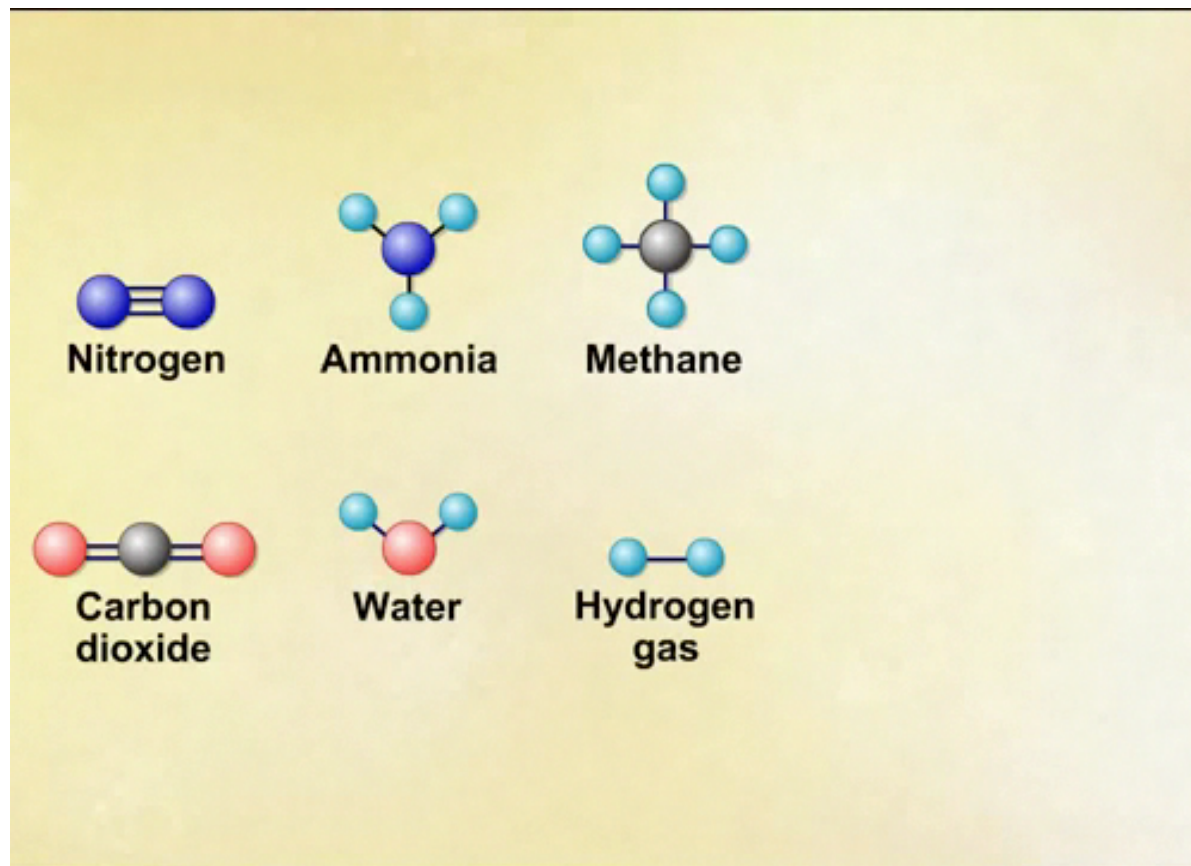
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

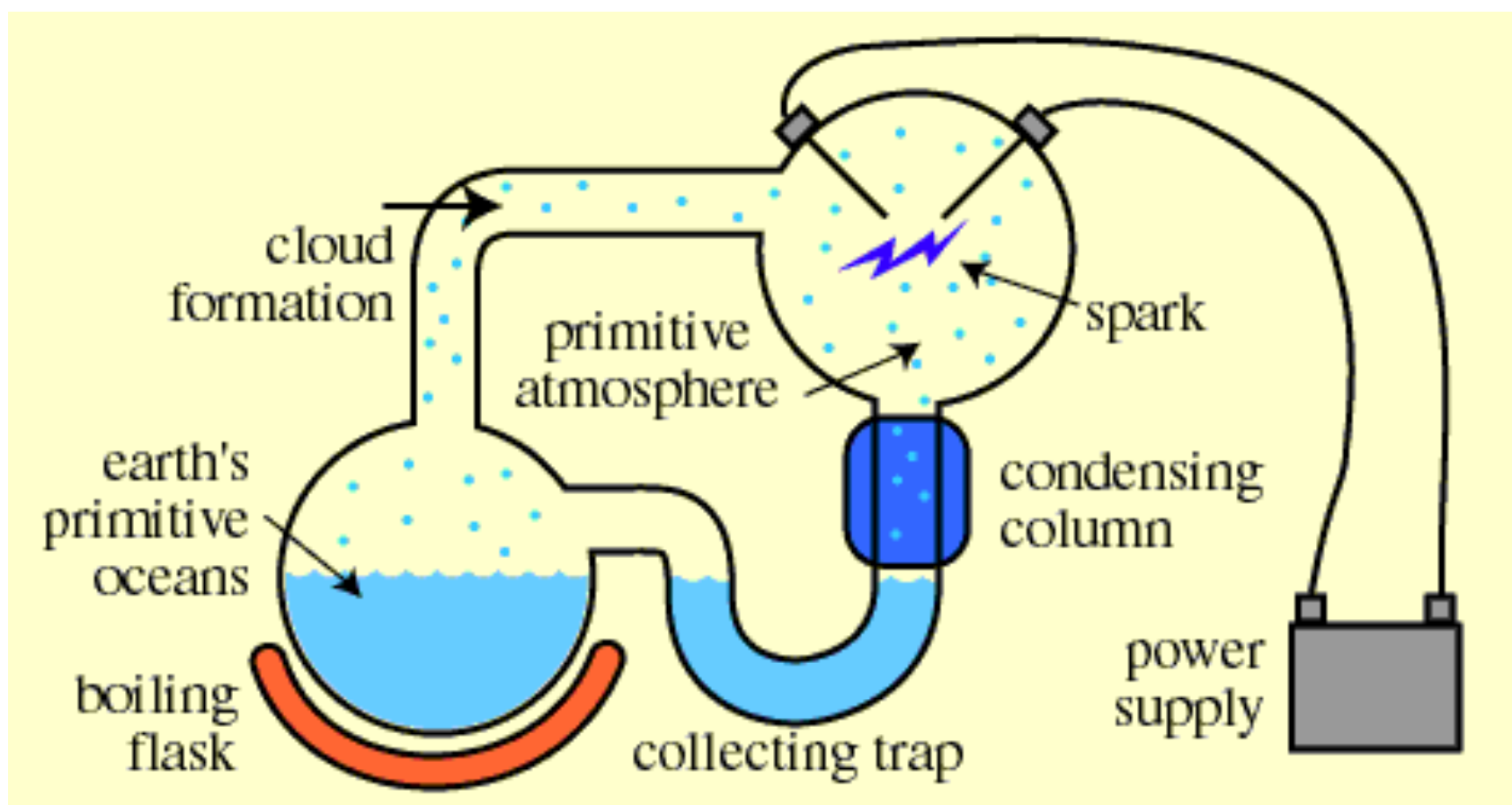
The God Dilemma

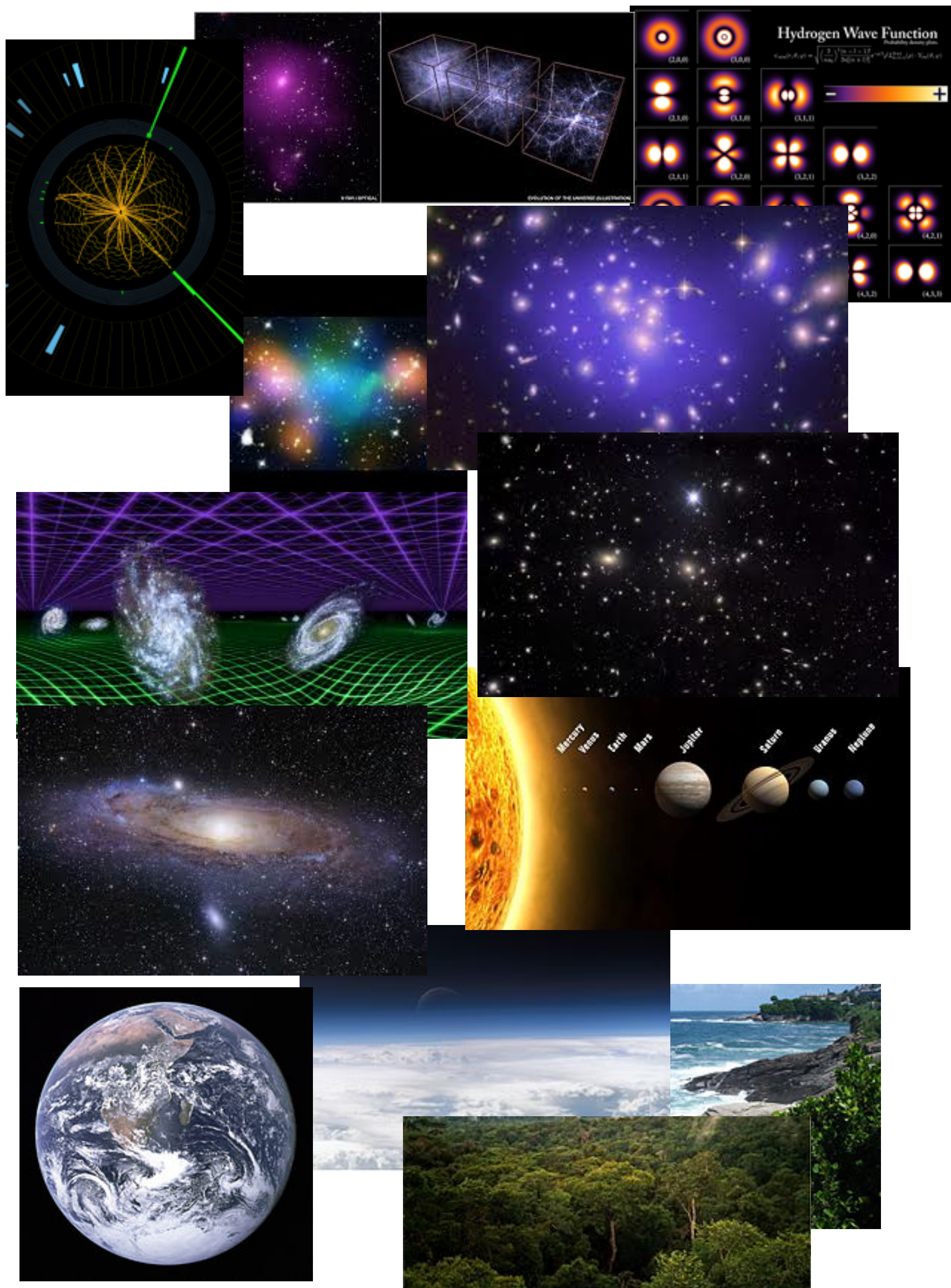
We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

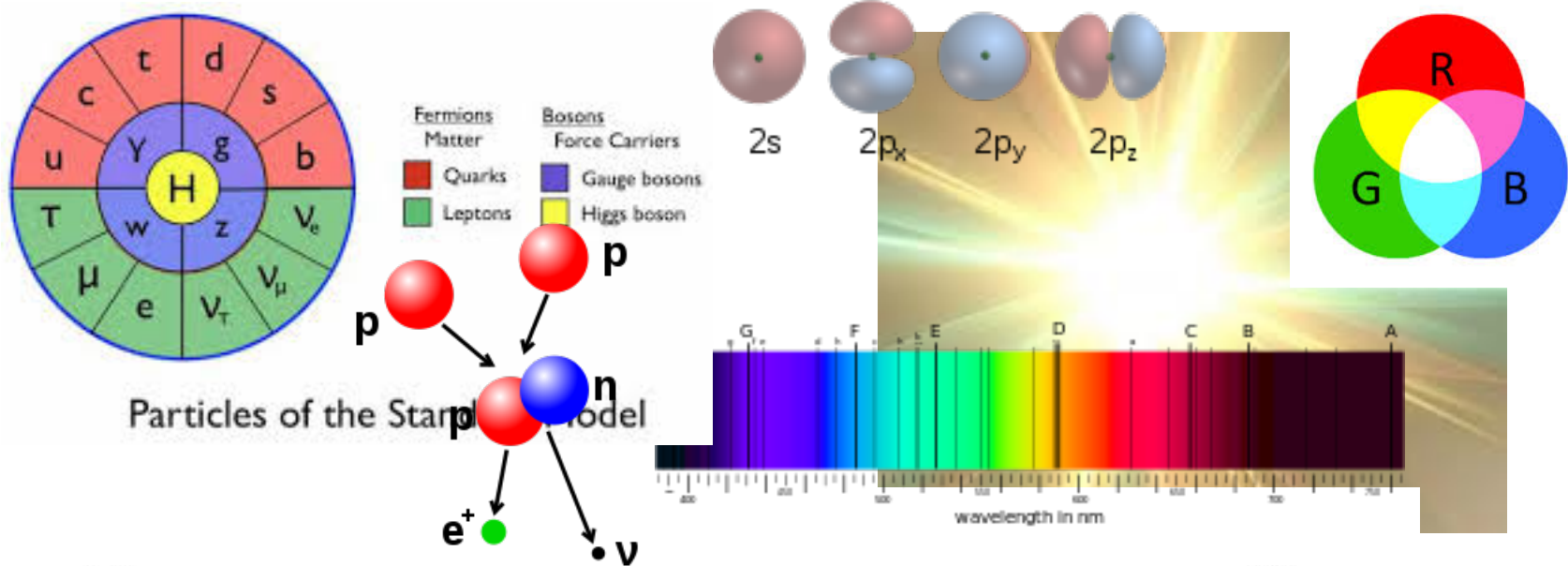
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







GROUP 1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

Be

beryllium

9.012

5

11

Na

sodium

22.99

6

12

Mg

magnesium

24.31

7

19

K

potassium

39.10

8

20

Ca

calcium

40.08

9

21

Sc

scandium

44.96

10

22

Ti

titanium

47.87

11

23

V

vanadium

50.94

12

24

Cr

chromium

52.00

13

25

Mn

manganese

54.94

14

26

Fe

iron

55.85

15

27

Co

cobalt

58.93

16

28

Ni

nickel

58.69

17

29

Cu

copper

63.55

18

30

Zn

zinc

65.38

19

31

Ga

gallium

69.72

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32

Ge

germanium

72.63

21

33

As

arsenic

74.92

22

34

Se

selenium

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35

Br

bromine

79.90

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36

Kr

krypton

83.80

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37

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rubidium

85.47

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38

Sr

strontium

87.62

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39

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yttrium

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Mo

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95.94

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43

Tc

technetium

(98)

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44

Ru

ruthenium

101.1

33

45

Rh

rhodium

102.9

34

46

Pd

palladium

106.4

35

47

Ag

silver

107.9

36

48

Cd

cadmium

112.4

37

49

In

indium

114.8

38

50

Sn

tin

118.7

39

51

Sb

antimony

121.8

40

52

Te

tellurium

127.6

41

53

I

iodine

126.9

42

54

Xe

xenon

131.3

43

55

Cs

caesium

132.9

44

56

Ba

barium

137.3

45

57-71

lanthanoids

46

72

Hf

hafnium

178.5

47

73

Ta

tantalum

180.9

48

74

W

tungsten

183.8

49

75

Re

rhenium

186.2

50

76

Os

osmium

190.2

51

77

Ir

iridium

192.2

52

78

Pt

platinum

195.1

53

79

Au

gold

197.0

54

80

Hg

mercury

200.6

55

81

Tl

thallium

[204.3 - 204.4]

56

82

Pb

lead

207.2

57

83

Bi

bismuth

208.9

58

84

Po

polonium

(209)

59

85

At

astatine

(210)

60

86

Rn

radon

(222)

61

87

Fr

francium

(223)

62

88

Ra

radium

(226)

63

89-103

actinoids

64

104

Rf

rutherfordium

(261)

65

105

Db

dubnium

(262)

66

106

Sg

seaborgium

(266)

67

107

Bh

bohrium

(264)

68

108

Hs

hassium

(277)

69

109

Mt

meitnerium

(268)

70

110

Ds

darmstadtium

(271)

71

111

Rg

roentgenium

(272)

72

112

Cn

copernicium

(285)

73

113

Uut

ununtrium

(284)

74

114

Uuq

ununquadium

(289)

75

115

Uup

ununpentium

(288)

76

116

Uuh

ununhexium

(292)

77

117

Uus

ununseptium

(294)

78

118

Uuo

ununoctium

(294)

GROUP 13

5

B

boron

[10.80 - 10.83]

14

6

C

carbon

[12.00 - 12.01]

15

7

N

nitrogen

[14.00 - 14.01]

16

8

O

oxygen

[15.99 - 16.00]

17

9

F

fluorine

18.99

18

10

Ne

neon

20.18

19

13

Al

aluminium

26.98

20

14

Si

silicon

[28.08 - 28.09]

21

15

P

phosphorus

30.97

22

16

S

sulfur

[32.05 - 32.06]

23

17

Cl

chlorine

[35.44 - 35.46]

24

18

Ar

argon

39.95

25

31

Ga

gallium

69.72

26

32

Ge

germanium

72.63

27

33

As

arsenic

74.92

28

34

Se

selenium

78.96

29

35

Br

bromine

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Kr

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Rb

rubidium

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Sr

strontium

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33

39

Y

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Nb

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42

Mo

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Tc

technetium

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38

44

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ruthenium

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39

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iridium

192.2

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gold

197.0

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mercury

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89-103

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darmstadtium

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(272)

78

112

Cn

copernicium

(285)

79

113

Uut

ununtrium

(284)

80

114

Uuq

ununquadium

(289)

81

115

Uup

ununpentium

(288)

82

116

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(292)

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roentgenium

(272)

72

112

Cn

copernicium

(285)

73

113

Uut

ununtrium

(284)

74

114

Uuq

ununquadium

(289)

75

115

Uup

ununpentium

(288)

76

116

Uuh

ununhexium

(292)

77

117

Uus

ununseptium

(294)

78

118

Uuo

ununoctium

(294)

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8

O

oxygen

[15.99 - 16.00]

17

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55

Cs

caesium

132.9

50

56

Ba

barium

137.3

51

57-71

lanthanoids

52

72

Hf

hafnium

178.5

53

73

Ta

tantalum

180.9

54

74

W

tungsten

183.8

55

75

Re

rhenium

186.2

56

76

Os

osmium

190.2

57

77

Ir

iridium

192.2

58

78

Pt

platinum

195.1

59

79

Au

gold

197.0

60

80

Hg

mercury

200.6

61

81

Tl

thallium

[204.3 - 204.4]

62

82

Pb

lead

207.2

63

83

Bi

bismuth

208.9

64

84

Po

polonium

(209)

65

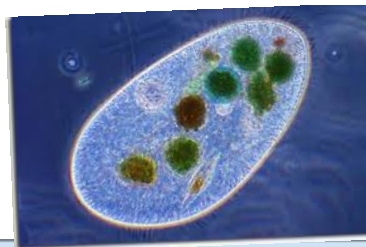
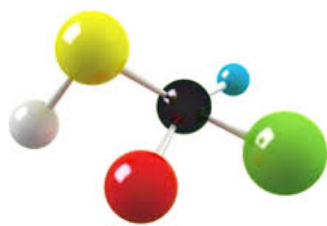
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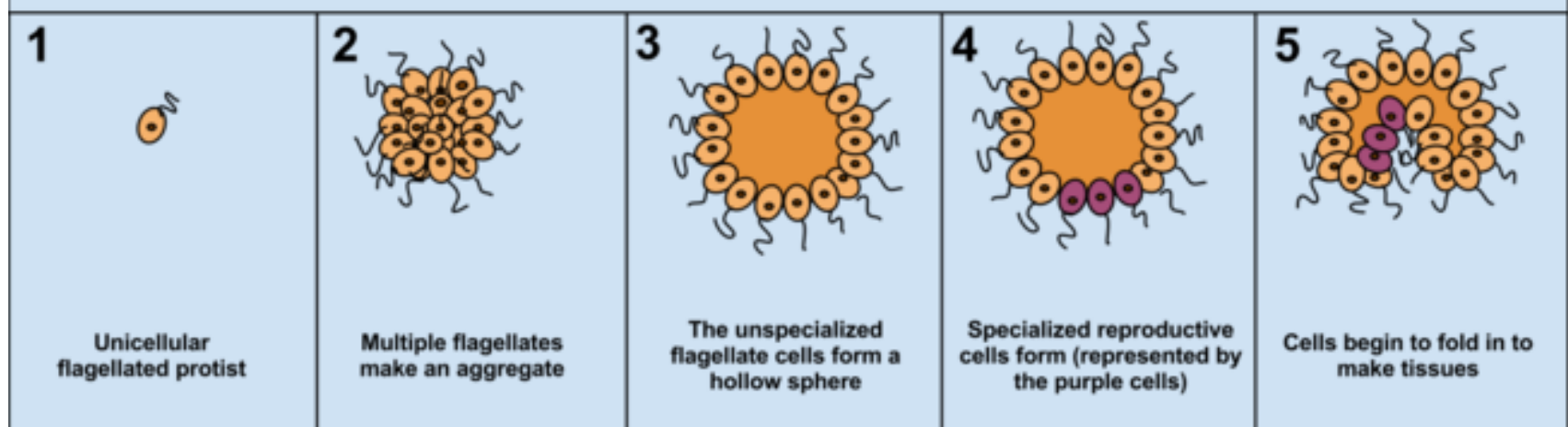
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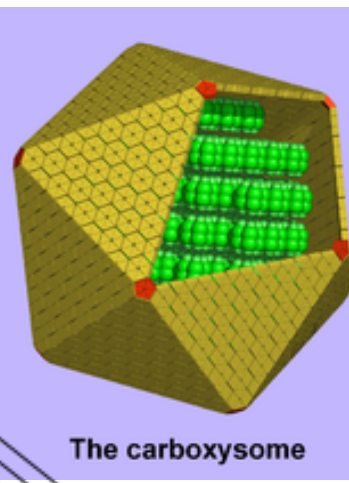
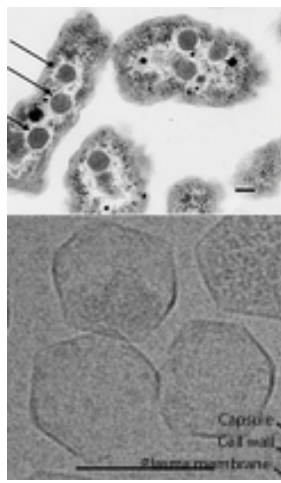
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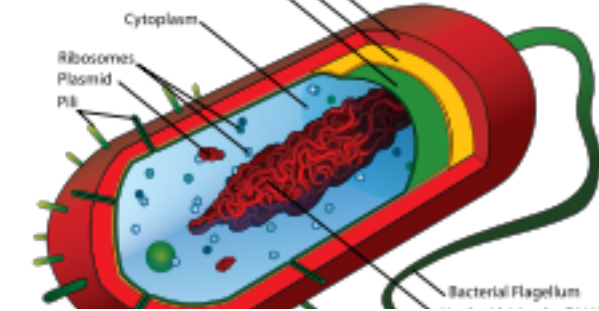
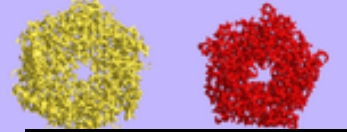
Colonial Flagellate Hypothesis



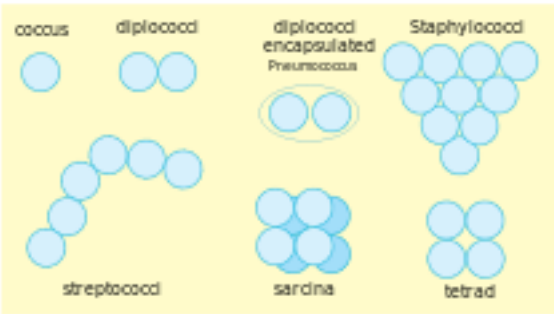


Enzymes and shell proteins

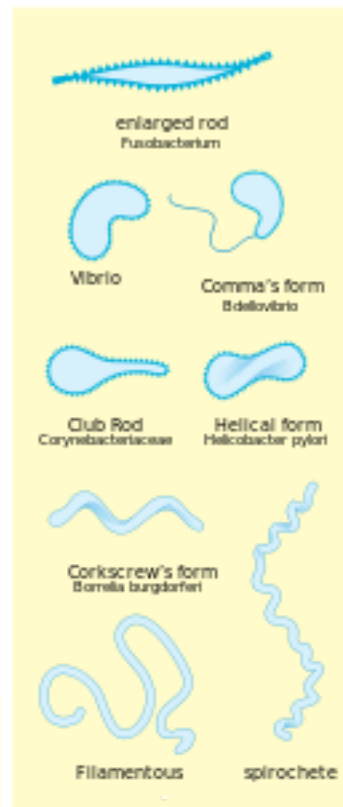
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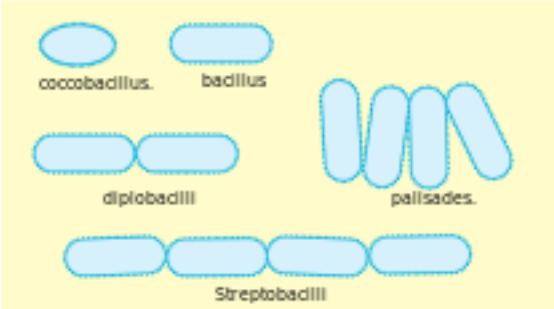
Cocci



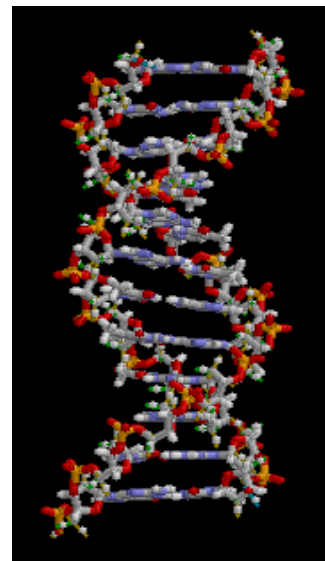
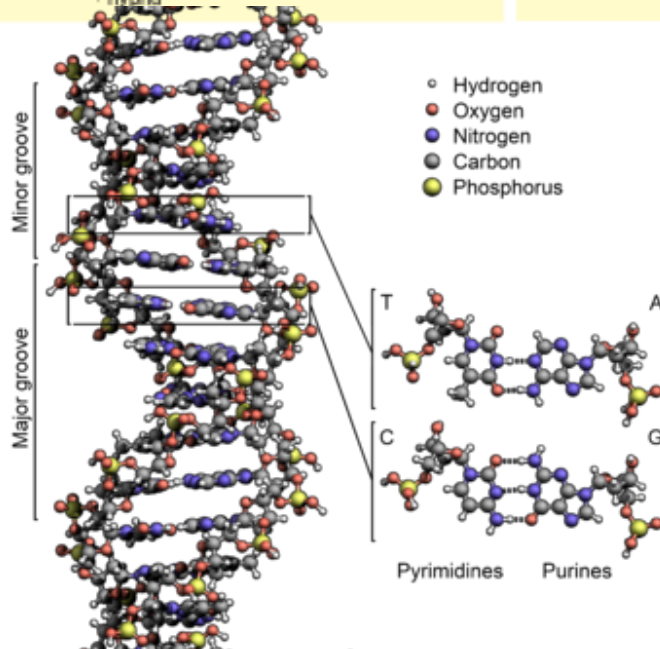
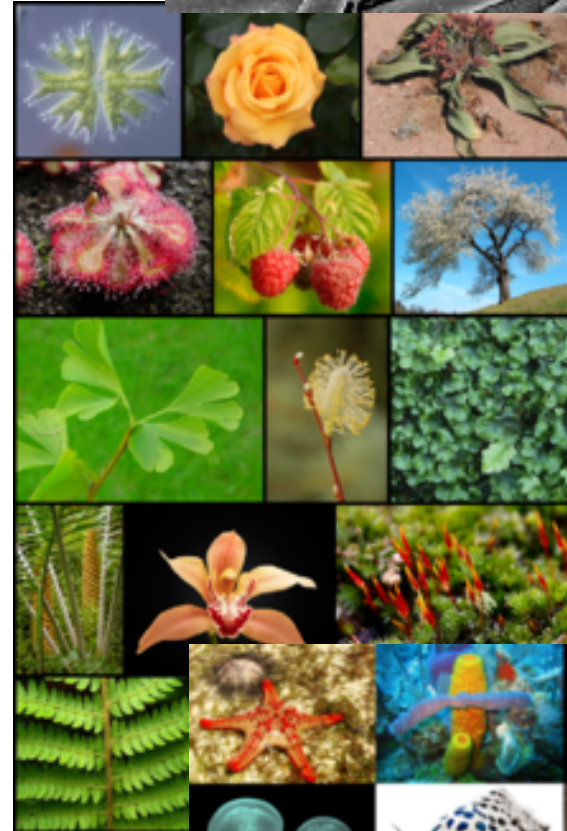
Others



Bacilli



Budding and appendaged bacteria





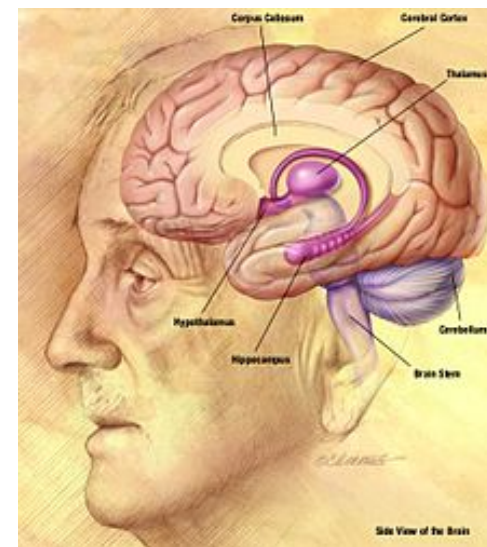
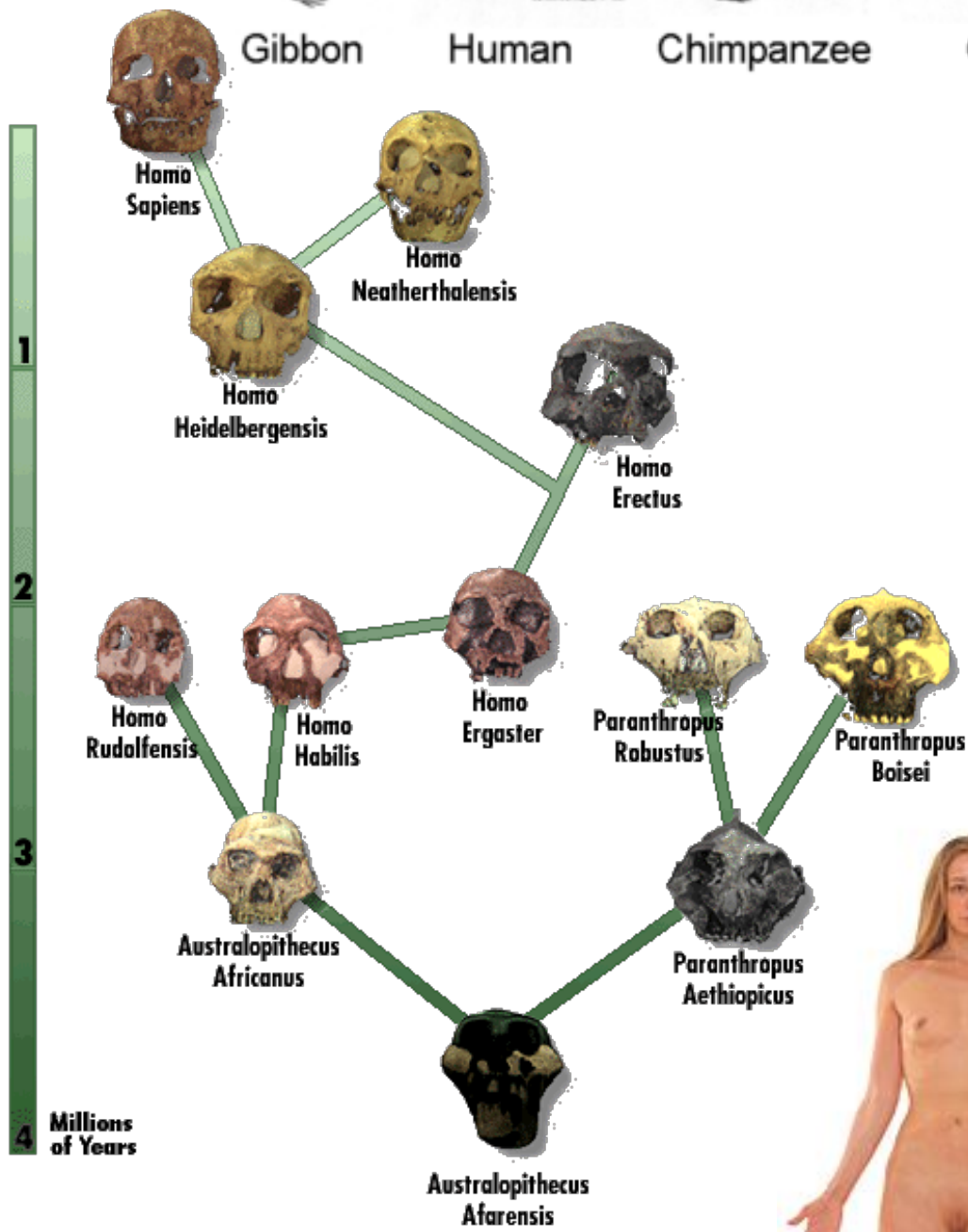
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah (Talmud), but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

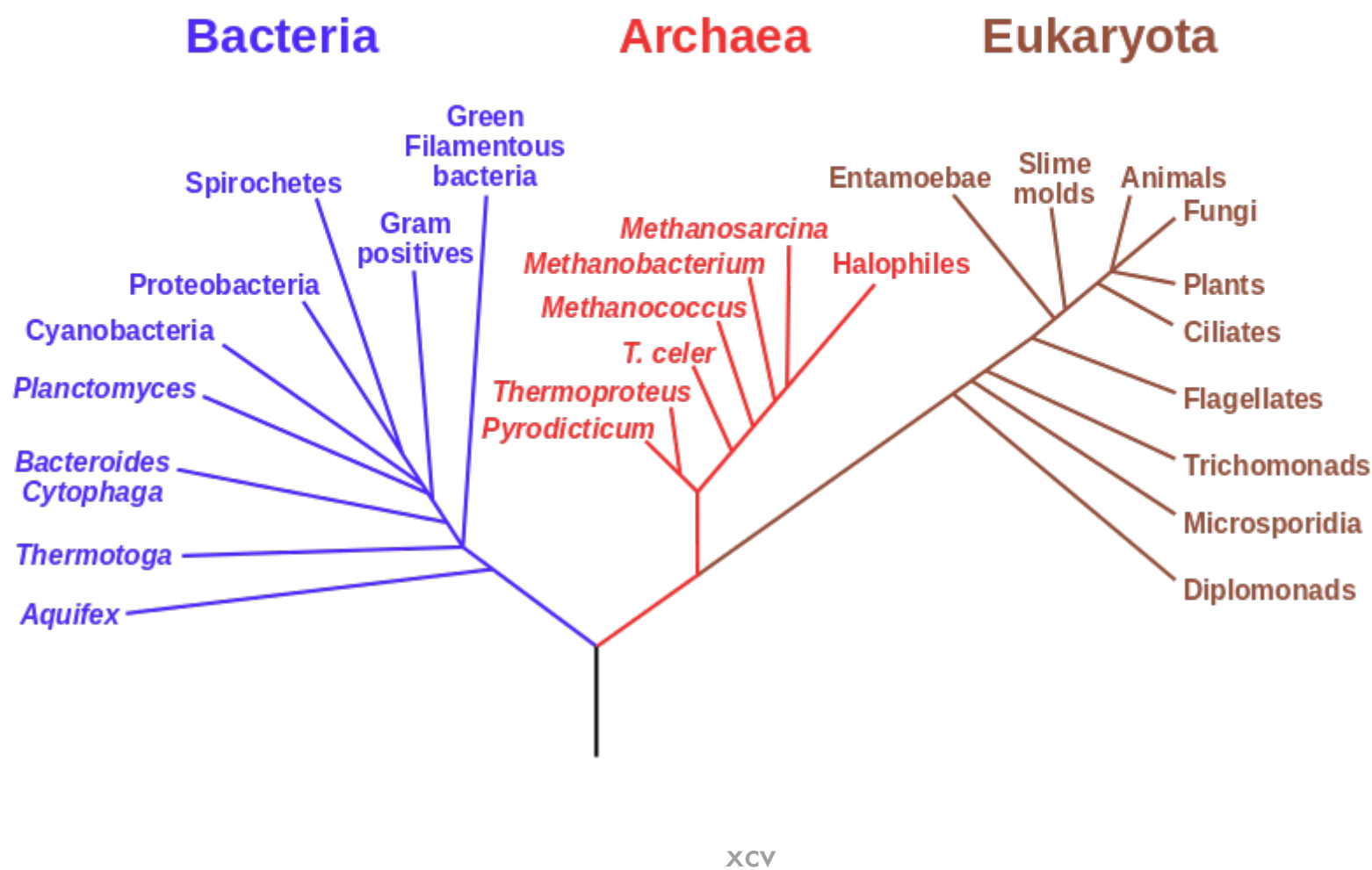
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

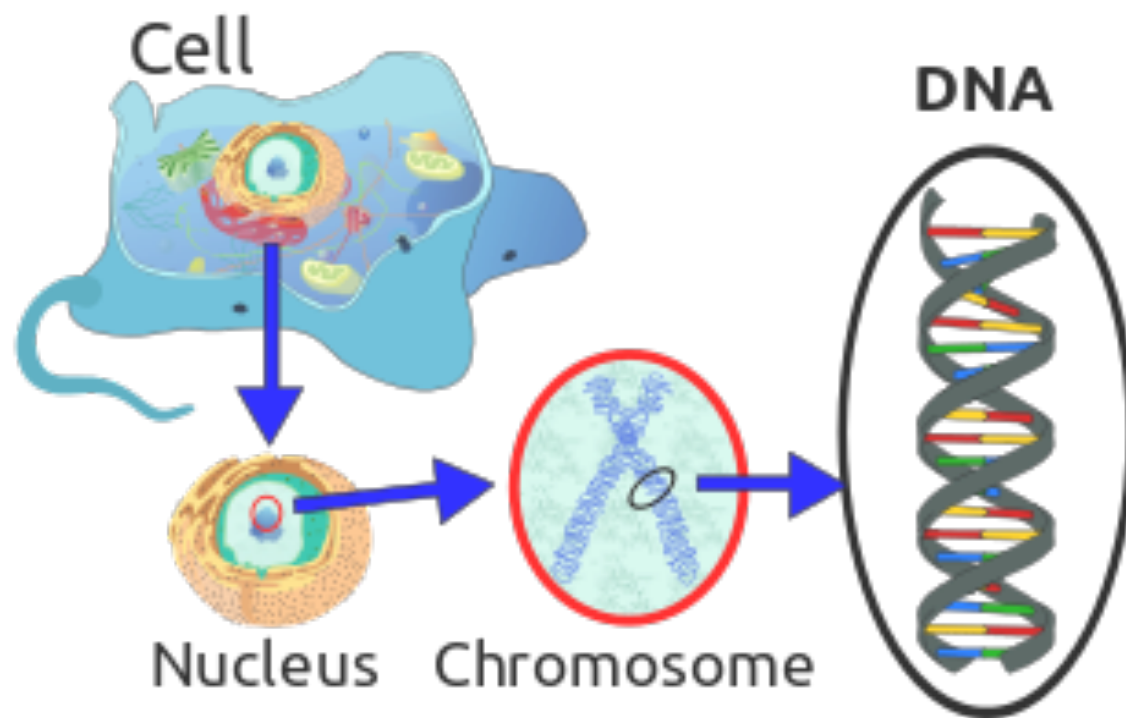
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; three notable exceptions are natural disasters, unusual circumstances and accidents, and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish *Protocols of the Elders of Zion* (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science, thus the popularity of religion. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

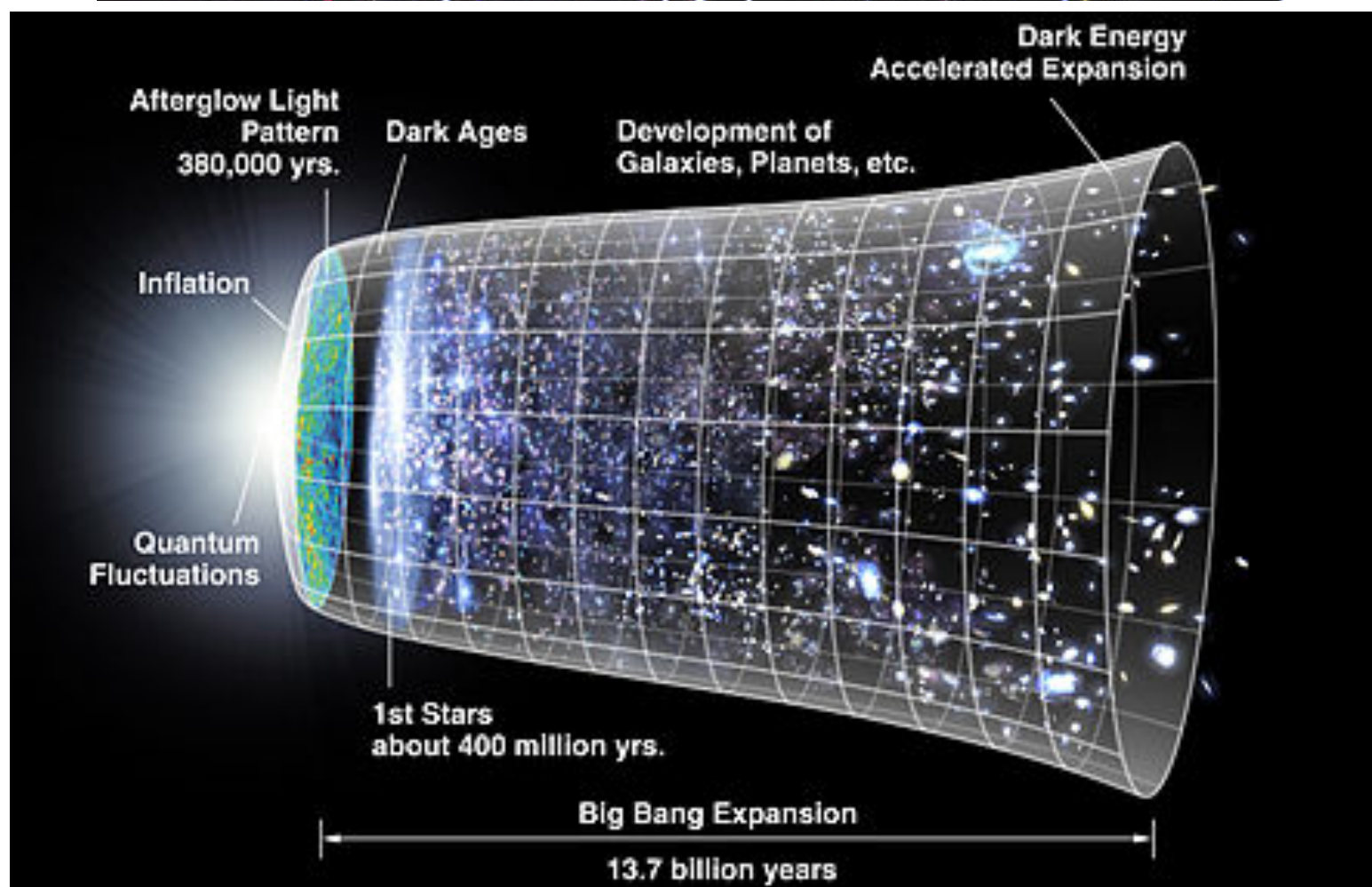
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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